

# Camp Long Seward Park



## ENVIRONMENTAL LEARNING CENTERS

### *SPRING 2005*

*APRIL 1 – JUNE 30*

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**Camp Long**, “Jewel of the Emerald City,” is one of Seattle’s best kept secrets. Located in West Seattle, this 68-acre forested park and Environmental Learning Center offers visitors an opportunity to enjoy nature, hike, camp overnight in rustic cabins, rock climb, and learn about nature.

**Seward Park** offers an abundance of recreational options. Located in southeast Seattle, this 277-acre old-growth-forest peninsula is a great place to explore, learn, play, and tour. With three miles of shoreline, grassy meadows, children’s playgrounds, beach swimming, and picnic shelters, it’s a great place to take your family for a day’s outing.

## Camp Long Environmental Learning Center

5200 35th Ave. SW  
Seattle, WA 98126-2804  
**Phone: 206-684-7434 Fax 206-684-7435**  
Visit us online at [www.camplong.org](http://www.camplong.org)

**Register for programs by e-mail**  
[camplong@seattle.gov](mailto:camplong@seattle.gov). Register *early* for the  
best choices. Popular classes fill quickly.

### Camp Long Spring Hours of operation

Tuesday – Sunday 10 a.m. – 6 p.m.  
March: Tue – Sun 10 a.m. – 6 p.m.

### Holiday closures

Monday, May 30, Memorial Day

### Department Administrative Staff

Ken Bounds, Superintendent  
B. J. Brooks, Deputy Superintendent  
Kathie Huus, Special Units Manager  
Charles Sablan, Environmental Learning Centers Mgr

### Camp Long Staff

Sheila Brown, Supervisor ..... 206-684-7415  
Jacinta Talamaivao,  
Administrative Specialist ..... 206-684-7434  
Roy Amdal, Maintenance Laborer ..... 206-684-7434

### Camp Long Education Staff

Sherry Mathers, Public Education  
Program Specialist ..... 206-684-7479  
Jeanie Murphy-Ouellette, Public Education  
Program Specialist ..... 206-233-2637  
Gretchen Graber, Education  
Program Assistant ..... 206-233-2637

### Advisory Council Naturalists

Sandy Beaucage Rebecca Schroeder  
Becca Hardie Sophia Wheelright  
BRIAN Maura Shelton  
David "Caveman" Friedman

### Camp Long Volunteers

Sandy Beaucage Jack Pedigo

### Camp Long Advisory Council

Sandy Beaucage Mat McBridar  
Carol DePelecyn Connie Woods  
Cec MacClure Mimi Ford  
Jack Pedigo Marguerite Payne  
Laura Tyler

### Longfellow Creek Watershed Educator

Sheryl Shapiro ..... 206-615-1443  
[www.longfellowcreek.org](http://www.longfellowcreek.org)

## Camp Long's Fabulous Facilities!

- 10 rustic cabins available for rent.
  - Lovely main lodge available to rent for meetings, parties, weddings, reunions, etc.
  - Hiking trails, pond, creek
  - Rock & glacier climbing
  - Picnic shelters and large campfire ring
- New classes and programs for all ages.  
Bring the whole family!***

## Seward Park Environmental Learning Center

5907 Lake Washington Blvd S  
Seattle, WA 98118

**Phone 206-684-4396 Fax 206-386-4368**

visit us on the web at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

**Register for programs by e-mail**  
[sewardnc@seattle.gov](mailto:sewardnc@seattle.gov)

### Summer Hours of Operation

Tuesday – Saturday Office Hours Vary

### Holiday Closures

Monday, May 30, Memorial Day

### Seward Park Staff:

Christina Gallegos, Naturalist ..... 684-4396  
Jeanie Murphy-Ouellette, Public Education  
Program Specialist ..... 684-4396

### Outdoor Opportunities (O2):

Bob Warner, Program Coordinator ..... 684-7097  
Matt Axling, Youth Leader ..... 684-4031

### Outreach Program Naturalist:

Willie Campbell ..... 890-8073

**Friends of Seward Park online at**  
[www.sewardpark.net](http://www.sewardpark.net)

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

### New Searchable Online Brochure Format!

Now you can search for just the classes you're looking for online! Visit [www2.seattle.gov/parks/brochure](http://www2.seattle.gov/parks/brochure) and you can search our classes by keyword. If you prefer to view a pdf version of our brochure (requires Adobe Reader), please visit [www.seattle.gov/parks/Environment/camplong.htm](http://www.seattle.gov/parks/Environment/camplong.htm).

# Rental Information

## Facilities & Reservations

**Camp Long Main Lodge:** A fantastic place to host a party, meeting, workshop or special event. The lodge features a brick fireplace, cathedral ceiling, and hardwood floors and has a maximum capacity of 72 people. Twelve 6 foot-long banquet tables and 72 chairs included in rental costs.

**Fees:** \$45/hr + \$10 booking fee for private events. Add \$15/hr for rentals held after facility is closed. Add \$60 if serving alcohol. Refundable damage deposit of \$250 (or \$500 with alcohol) required.

***Payment of fees and deposit required at time of reservation to hold the reservation.***

\*Ask about lower rates for community sponsored events.

**Cabin and Shelter Rentals:** Camp Long features 10 rustic outdoor cabins that sleep up to 12 people. We also offer two separate covered shelter areas with picnic tables that are perfect for group events. Reservations for private functions can be made, or ask about special programs offered by Camp Long Naturalists that include overnight cabin use.

**Cabin Fees:** \$40/night per cabin. \$50 refundable damage deposit required. Check-in time is 2:30 p.m. Check out by Noon.

**Refunds:** There are no refunds given for cancellations of cabin reservations.

**Shelter Fees:** East shelter with 7 tables \$100/day. West shelter with 5 tables \$80/day.

**Rules:** Please check with staff on specific rules for cabin/shelter use. Groups are responsible for cleaning up all areas used. No pets or electric heaters allowed.

**Fire Ring:** \$25 for 4 hours for up to 50 people. The rate increases \$10 for every additional 50 people up to 250 people.

***Payment of fees and deposit required at time of reservation to hold the reservation.***

Weddings and Special Events: Check out Camp Long for indoor or combined indoor/outdoor parties, receptions and events. Call the Environmental Learning Center at 206-684-7434 or check our web site at [www.camplong.org](http://www.camplong.org) to receive a special brochure and/or information.



# Notes from the Head Squirrel

We are raising money this spring for scholarships for our school programs. Schools with 65% of the children on free or reduced lunch are eligible for a significant discount on program fees with the help of your donations. Our school programs cost \$130 for a class of 30 kids to receive an hour and a half program. This is the true cost of instructor and materials. If you give \$100, we can offer the class for \$1 per child. But every little bit helps, so give what you can. Checks may be made out to Camp Long Advisory Council.



You may have noticed some improvements around Camp Long. We are working on spreading gravel on all our trails, clearing out invasive ivy and holly, and creating more habitats around the pond. Those big piles of brush are not there by accident, but rather to provide sheltering places for our salamanders, frogs, and shrews. Boy Scout Troop 282 is adopting the cobblestone compass and spent some time clearing out blackberry and ivy from the area. You may see them resetting the stones in the future. Please join us for regular work parties the first Saturday of every month. If your group wants to do a service project, feel free to talk to

me. Seward Park has regular Ivy Out work parties that you can join and work parties continue on Longfellow Creek as well.

Audubon is moving forward on designing the Environmental Learning Center at the Seward Park Annex. They continue to raise funds for this capital improvement project. If you would like to contribute your time or your money, please contact Candy Castellanos at 652-2441 ext 101. Look for community input meetings in April and May.

Finally, we are offering more Living Green programs. In an age of climate change and other environmental degradation, it's important to feel as though we can make a difference. And you can! Come learn with us some ways to shelter critters in your yard, bicycle commute or make home improvements the "green" way.

We thank you for all your support and commitment to Camp Long, Seward Park, and Longfellow Creek.

Sheila Brown  
Education Program Supervisor  
sheila.brown@seattle.gov  
206-684-7415

## Camp Long

Camp Long is one of Seattle's best-kept secrets. Located in West Seattle, this 68-acre park offers visitors an opportunity to enjoy nature, hike in the forest, camp overnight in rustic cabins, rock climb, and learn about natural history. The park is hidden behind houses along 35th Ave SW, so many are surprised to find such a large green space right in the neighborhood. It is an urban forest segment linked to the West Seattle Golf Course and Longfellow Creek providing habitat for fox, coyotes, birds, and other animals. Programs are offered on-site for all ages to learn about forests, pond life, and more. Make it part of your next birthday party or family reunion. Programs are also offered to explore nature in other settings close by along the beach or on horseback. Take a break and soothe yourself in the quiet shade of a tree.

# Employment Opportunities

## Contract Naturalist

Interested in being a contract naturalist?  
Read on...

**Job Description:** Contract Naturalists lead environmental education programs for organized groups all year round. Teaching takes place at Camp Long and other South end natural parks in a variety of habitats including forests, streams, beach, and wetlands.

As a contract naturalist, you work as a member of a team, teaching adults and groups of children ages 4-12 years old. Through hands-on activities, environmental games and naturalist-led explorations your programs will offer fun and exciting approaches to science education and nature exploration.

**Minimum qualifications:** At least 9 months experience teaching children, preferably in an outdoor setting; one year college level coursework or equivalent study in education, natural sciences, or environmental education; ability to work independently with minimal supervision; enjoy working as a member of a team; willingness to work outdoors in variable weather conditions; reliable and responsible and committed to

teaching quality programs; valid Washington State Drivers License; and a passion for nature

**Overall Desired Skills and Abilities:** Knowledge of Pacific Northwest plants and animals, notably in forest, wetland, and beach habitats; experienced bird watcher; knowledge of insects and spiders; First Aid/CPR certified; enthusiasm, flexibility, positive outlook and energy.

**Hours:** Part time, 5-20 hours/week, 9 a.m. – 4 p.m. Some evening and Saturday work available.

**Pay Rate:** \$16 hour

**How to apply:** Send cover letter; résumé including education and relevant work experience with dates, duration, and number of hours per week; and recent (within the past few years) references to

**Camp Long**

**Attn: Jeanie Murphy-Ouellette**

**5200 35th Ave SW**

**Seattle, WA. 98126**

or e-mail the same information to  
**jeanie.murphy-ouellette@seattle.gov**

## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



**Pro Parks Levy**

206-684-7434



[campplong@seattle.gov](mailto:campplong@seattle.gov)



[www.campplong.org](http://www.campplong.org)

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# Build Community — Volunteer!

Volunteer Opportunities available at Camp Long and Seward Park Environmental Learning Centers and along Longfellow Creek.

**Interested in volunteering? Call now! Contact Sheila Brown, Supervisor, 206-684-7415 or [sheila.brown@seattle.gov](mailto:sheila.brown@seattle.gov). Please check Environmental Stewardship, Trail Work and Longfellow Creek pages for details on how to join work parties or other volunteer efforts!**

## Eagle Scout Rating Projects

We are the lucky and very fortunate recipients of many Eagle Scout projects at Camp Long! We've received display cabinets, literature racks, compost bins, firewood storage sheds, trail steps, and way-finding signage, **but we need more!** If you are a Boy Scout and need a project for your Eagle Scout rating, this is the place to come!

## Group Program Registrar

We need a reliable person who is willing to download voicemail and e-mail requests for school and group programs, respond to the requests by helping to find staff, and completing the on-line calendar for scheduling. This person must be willing to come in for a couple of hours a day during the week and have basic computer skills. Please send résumé or call for an interview. Camp Long, RE: Group Registrar, Attn: Sheila Brown

## Environmental Learning Center Advisory Council Opportunity


**Are you looking for a way to volunteer in your community?** Camp Long/Seward Park is seeking individuals from the SW or SE Seattle community who are interested in serving as an advisory council member to Camp Long and Seward Park Environmental Learning Centers.

We would like to increase our Advisory Councils' membership and add more diversity to include people of cultural backgrounds, seniors, and youth. The advisory council meets once per month for two hours (7 – 9 p.m.).

In general, the council works with Parks Department staff by identifying programs, projects, and fundraisers to benefit the Environmental Learning Center's mission of environmental education, stewardship, and justice.

## Adopt-a-Cabin

We'd love to have a group adopt a cabin. You can help us landscape, clean and maintain the fire-rings. In exchange, we can arrange for you to have a free stay in the cabin, dependent on the extent of work completed. Interested groups should talk to Sheila Brown at 684-7415.



**ENVIRONMENTAL STEWARDSHIP**

**Earth Day • 2005**

**APRIL IS EARTH MONTH AT SEATTLE PARKS!**

Seattle Parks and Recreation is celebrating Earth Day (April 22) in many ways in every corner of our great city. Here are just some of the ways you and your family can get involved throughout April and 2005:

- Carkeek Park/Pipers Creek 25th Annual Earth Day Festival, 206-684-0877
- National Youth Service Day (April 16), Kinnear Park, 206-615-1727, and see page 18
- Delridge Community Center area Spring Clean Event, see page 8
- Care for Seattle's urban waterways, as a Creek Steward or as a one-time volunteer, 206-684-4163
- Organize a Spring Clean neighborhood cleanup event near your home or work, 206-684-0570

For more Parks volunteer opportunities near you; stewardship walks and classes year-round; and nature programs for children, teens, or senior adults, please call Adam Cole at 206-733-9701, or visit the web at [www.seattle.gov/parks](http://www.seattle.gov/parks).

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The City of Seattle, its citizens, and the Cascade Land Conservancy (206-292-5907 or on the web at [www.cascadeland.org](http://www.cascadeland.org)) have joined together in a 20-year effort to protect and restore our urban forest. There will be more than 50 Green Seattle Partnership events and work parties in 2005 beginning in April. Please call 206-733-9701 (or e-mail [adam.cole@seattle.gov](mailto:adam.cole@seattle.gov)) for more information. Thank you!

# Environmental Stewardship

**Please register for trail work parties: 206-684-7434**

## Trail Work Party

**Sat, Apr 2** 10 a.m. – 1 p.m.  
**Sat, May 7** 10 a.m. – 1 p.m.  
**Sat, Jun 5** 10 a.m. – 1 p.m.

Camp Long Trails Crew, a hopeful new volunteer group, will start working on the first Saturdays of the month to help on the Camp Long trails. Falling trees create holes and damage structures on the trails. In addition, trails need grooming and clearing. If you are interested in learning trail maintenance techniques and want to help keep Camp Long's trails clear for users, come to these work parties.

**To sign up for a work party call Sheila Brown at 206-684-7415 at least one week before the trail work party.**

**Age: 10 yrs and above. No unaccompanied children please.**

## Trail Work Party Leaders

We're looking for someone who would like to help us lead work parties to improve our trails. Someone who has event planning or trail building experience is desirable. Responsibilities would include making a list of materials and tools needed for a work party, creating workstation activities, giving tool safety talks, explaining how to do the work to volunteers, contacting organizations to come work on our trails, scheduling work parties, procuring donations of food and beverages and keeping tools clean and organized. This could be a shared responsibility with others.

We are also looking for someone who would like to recruit for this group, set up a volunteer database and notify members of work parties.



## Save Paper!

If you are receiving our brochure printed with your name and address then you are on the Camp Long mailing list. You can reduce your paper mail, reduce our mailing costs, and save paper by using electronic media.

Check out our brochure on-line at your convenience at **[www.camplong.org](http://www.camplong.org)**. You can also give us your e-mail and we can send out announcements without using paper.

If you would like to remove your name from our mailing list send us an email to **[camplong@seattle.gov](mailto:camplong@seattle.gov)** or call 206-684-7434. Be sure to give us your name and full address.

We really appreciate your help! Keep us updated on your changes of address, and we'll keep you informed. The earth and trees thank you!

## FREE Fish-Friendly Car Wash Kit Available

Car washes can be terrific fundraisers and a great way to build community. But, did you know that if a car wash is done incorrectly it can hurt local fish and other wildlife? The soapy water, dirt, and phosphates drain into storm drains and ditches that lead straight to creeks and into Puget Sound. You can prevent this harm to wildlife by using the fish-friendly car wash kit.

To borrow the kit for your next community car wash fundraiser or to find out more about it, please call 206-684-7415.

206-684-7434



[camplong@seattle.gov](mailto:camplong@seattle.gov)



[www.camplong.org](http://www.camplong.org)

# Living Green

Please register for all classes and special events: 206-684-7434

## Spring Clean at Delridge Neighborhood Service Center

**Join Mayor Greg Nickels as we clean up  
the neighborhood!**

**Sat, Apr 2**

**9:30 a.m. – Noon**

Spring Clean is a great way to beautify your business district. Spring Clean, Seattle's cleanup of public spaces, is held by Seattle Public Utilities (SPU) throughout April and early May. This program provides groups with plastic bags, free disposal, and assistance. SPU will also be glad to help with neighborhood stewardship projects any time of the year — not just in the spring.

Meet at Delridge Community Center. A group of us, including Mayor Greg Nickels, will make our way back to Brandon Court and the Delridge Library to pick up garbage with Ron Angeles at the Neighborhood Service Center.

## Simplicity as a Way Toward a Sustainable Lifestyle

**Thu, Apr 21**

**7 – 9 p.m.**

A sustainable lifestyle is one in which you use and enjoy the things you own and eliminate the amount of stuff you have around you that is just taking up space. It takes a look at where the stuff you buy comes from, how it is made, how it impacts social justice and environmental issues, and how stuff can run your life rather than the other way around.

**Instructor: Sheila Brown**

**Fees: Free**

## Ancient Secrets of Bike Maintenance I: Fix a Flat

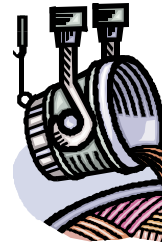
**Tue, May 3**

**6 – 8:30 p.m.**

Learn basic maintenance techniques, including changing a flat, and simple maintenance checks. Bring bike and helmet. Includes handouts.

**Fees: \$20**

## Nucor Steel Recycling Tour



**Sat, May 14**

**1 – 3 p.m.**

Let's take a trip to our neighborhood steel plant and learn how we are helping to save the environment together.

Class is limited to ten people over the age of 18, so register early (registration is required). If you are registered, come to the tour wearing long pants and sturdy shoes.

**Fees: Free**

## Water Conservation Techniques

**Sat, May 21**

**10 a.m. – Noon**

We are going to be having a drought. Now is the time to figure out ways to reduce your water usage to help salmon, industry, and neighbors. You'll save money too! We'll discuss strategies for both indoors and outdoors, from taking short showers to soaker hoses for key garden plants.

We'll also take the long view of the water issues in the world, from Washington State level to the water shortages in other parts of the world.

**Fees: Free**

## Green Home Building and Remodel

**Thu, Jun 16**

**7 – 9 p.m.**

Thinking about remodeling? Help is here! Learn how to incorporate health, efficiency, durability and beauty in a single smart design. This two-hour class will cover the basics of green home remodeling, both materials selection and design strategies, using real life examples. There will also be ample time for questions, so bring your project ideas.

Based on Seattle Public Utilities Green Home Remodel Guides.

**Fees: Free**



# Special Events

Please register for all classes and special events: 206-684-7434

## Camp Long Coffeehouse Fundraiser

Sat, Apr 2

7 – 9 p.m.

Mark your calendars for a Special Evening Event — Camp Long's first-ever Coffeehouse on **April 2, 2005!!** Our fundraiser will be an evening full of delights to taste and to hear, combining a Dessert Auction and Lodge Concert.

Bring your music lovin', sweet-toothed friends and bid on scrumptious desserts. Enjoy tasty guitar licks and wonderful voices of some of our favorite local musicians, including *Blues Master, Brian Butler*. Take pleasure in an eclectic musical evening of original songs and standard folk, swing, and blues tunes.

Go home with a tummy full of sweets and a happy heart, knowing you've helped raise money for the Camp Long Environmental Education programs scholarship fund for low-income families.

**\$10 event entrance fee, \$13 entrance fee after 3/26/05. Cost of desserts not included. Registration and payment due by 3/26/05.**

## Come Fish With Us!

Have you ever felt the sheer joy of yelling "I got one!"? Fishing is a lot of fun, and it's a sport the whole family can enjoy. Seattle Parks and the Washington Department of Fish and Wildlife are providing a great opportunity for Seattle kids to learn to fish. We want to introduce more kids to sport fishing, which is a lifetime sport you can especially enjoy in Seattle with its abundant water.

**This year's event, "Fishing Kids," will be at Green Lake Park from 9 a.m. to 2 p.m. on Saturday, April 23.** Every child who participates will receive a T-shirt and a rod and reel to take home, and you'll even bring home a trout!

You'll learn about fishing, including water safety, different kinds of fish, how to cast, and what to do with a fish when you catch it.

To sign up any child from age 5 to 14, just ask for a form at any Parks and Recreation facility, and send it to the address on it with \$5 for each child participating. We look forward to seeing you on April 23!

## April Showers Bring May Flowers

Sun, May 1

1 – 4 p.m.

Calling all May Kings and Queens, May Princes and Princesses! Bring the whole family to celebrate the coming of spring at Camp Long. May crown making begins at 1 p.m., followed by a maypole dance at 2 p.m. and storytelling at 3pm. Participants are invited to wear white and green on this festive occasion. Bring a musical instrument or a festive mask if you have one.

Brought to you by The Cabiri. The Cabiri are a performance troupe which specializes in storytelling through physical theatre, focusing upon the themes and storylines produced by research in comparative mythology. For more information, check <http://www.cabiri.org>

Admission is FREE but donations are appreciated. Preregister and reserve your ribbon on the maypole. This event is co-sponsored by the Camp Long Advisory Council and The Cabiri.

**Fees: donations accepted**

## Legacy Trail Dedication

Sat, May 14

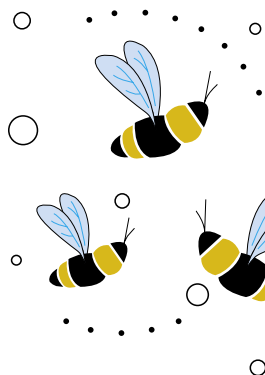
We have completed the way finding signs and now it's time to celebrate! Join Mayor Nichols and the Longfellow Creek Watershed Council to dedicate the trail. Walking tours, art sign postcards and more will be available.

For information, contact Sheryl Shapiro at 615-1443.

# Camp Long Programs

Please register for all classes and special events: 206-684-7434

## Nature Classes



### Pollination Ecology

Sat, Apr 9

10 a.m. – Noon

Learn about pollination in plants and the animals that unknowingly participate in one of the most important interactions

in nature. We will meet some pollinators and learn what they like and dislike. Participants will learn about Orchard Mason Bees and create an Orchard Mason Bee home. (Participants will be supplied with living bee pupa to occupy these homes.) We will also learn how to attract other pollinators.

**Age: Families**

**Fees: \$10 adults, \$4 children**

### What is an Old Growth Forest?

What makes an old growth forest so special and why should we care about preserving them? We will visit an old growth forest as well as other types of forests, calculate their coefficients of diversity, study their soils and the animals and plants that inhabit them. Snack provided.

**Ages 5 to 10**

Sat, Apr 16

**Fees: \$8**

9:30 a.m. – Noon

**Adult Class**

Sat, Apr 16

**Fees: \$10**

1 – 3:30 p.m.

### Earth Day Forest Walk

Sat, Apr 23

3 – 5 p.m.

A walk and opportunity to learn about old growth forests. We will learn what they are and why we should preserve them.

**Fees: \$6 Adults, \$3 children**



### Program Registration Information:

Always pre-register for all classes, special events, and environmental stewardship opportunities by calling (206) 684-7434.

### Want to Provide a Program?

If you have an idea for a program you would like to teach or would like to see offered, please contact us. We are especially interested in finding ways to connect culture and environmental topics. We will work with instructors and groups to propose or create programs. Reimbursement for time and materials would come from fees. Programs must fit in to our mission and goals as an Environmental Learning Center. For more information, call Sheila Brown at 206-684-7415.

# Camp Long Programs

Please register for all classes and special events: 206-684-7434

## Camping 101

If you've never been camping, but would like to learn, this is the class for you. Learn how to cook, make shelter, find your way, stay safe, and plan a hiking trip in our local mountains. Back country permits only allow groups of 12 people. Trip will be limited to 10 people. Fee for the entire series is \$140, and guarantees you a place on the camping trip. Individual classes may be joined for \$20 each.

**Instructor: Rebecca Schroeder**

**Age: Ages 14 to adult**

### Overview

**Sun, Apr 24**

**1 – 3 p.m.**

Find out about the classes, equipment needs, other resources and register for the series.

**Fees: orientation is free**

### Cooking in the Outdoors

**Sun, May 15**      **1 – 5 p.m.**

**Sun, May 22**      **1 – 5 p.m.**

Learn recipes, types of food to carry, nutritional needs, and the places to buy freeze-dried and other backpacking foods. We will learn how to use cook stoves, how to re-package food to reduce weight, and how to keep food from rodents and bears. We will also discuss water filters and water purification methods, where to get water and how to plan for your water needs.

**Fees: \$20 inquire about scholarships**

### Shelter and Sleep

Learn about different types of tents, where to pitch a tent and how to pitch a tent. We'll also show you some tarp and shelter alternatives for other situations. To down or not to down? We'll discuss different types of sleeping bags and what to choose based on weather and activities you might do.

**Fees: \$20**

## Backpacks and Feet

**Sun, Jun 5**

**1 – 5 p.m.**

Learn about different types of packs, how to fit a pack to your body and use straps to distribute the weight, and tips on how to fill it so that it balances and you have what you need close to hand. We'll talk about how to keep your feet healthy, ways to prevent and treat blisters. We'll show you how to fit your boot, what boot options are available and how to prep your boot for a hike. We'll also discuss ways to walk to keep up your strength and how to judge terrain for safety.

**Fees: \$20**

## Navigation, Safety and Trip Planning

**Sun, Jun 12**

**1 – 5 p.m.**

Learn how to read a map, how to understand the lines and estimate distances, and what different maps offer. Learn to recognize landmarks on the map and how to use them to find your way. We'll discuss what to do if you get lost and safety gear for surviving if necessary. We'll look at hiking books and discuss trip planning criteria. Together we'll select a hike and plan for the trip for the following weekend.

**Fees: \$20**

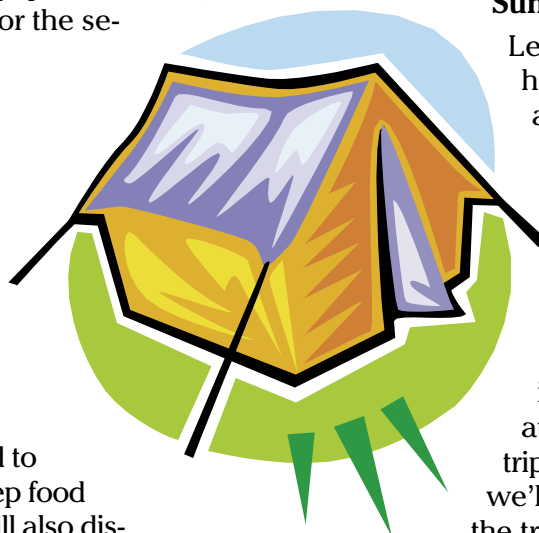
## Camping Trip

**Fri, Jun 17 – Mon, Jun 20**

Take the hiking trip you and your fellow participants plan. Food is not included in the fee and must be purchased by the group. Meal responsibilities will be divided among participants. Gear for hiking may be rented from REI or other outfitter.

**Age: 14 to adult**

**Fees: \$75**



# Camp Long Programs

Please register early for all classes and special events: 206-684-7434

## Life in a Pond

Sat, May 14

10 a.m. – Noon

We will explore polliwog pond and go for a short boat ride. Learn about dragonflies, waterboatmen and waterboatwomen, and many other creatures in the pond.

Age: 4 to 9 yrs

Fees: \$6

Location: Camp Long lodge

## Carpentry for Critters

Sat, May 21

10 a.m. – Noon

An interactive presentation on creating backyard wildlife habitat with small and simple construction projects. PowerPoint presentation outlines the richness of local, historical habitat and explores how we can make the best of modern day conditions, starting in our own yards. Focus is on bird and bat houses, habitat piles and perches. Presentation is followed by a 45-minute session of building a simple Chickadee nest box with materials provided. Bound, full-color Habitat Box Design Plans with easy to follow diagrams and instructions are also given to participants.

Age: ages 9 and above

Fees: \$8

## Low Tide Beach Walks

Sat, May 28

10 a.m. – Noon

Discover an amazing array of intertidal life at the beach revealed only by low tides! Barnacles doing a headstand! Anemone attack of the clones! Sea star wars! Explore the beach and discover nature is even weirder than science fiction.

Wear outdoor appropriate clothing and shoes! Please help protect the beach life and do not collect natural objects from the beach.

We will walk the beach at Meek Kwa Mooks Park during one of the best low tides of the year. It is always a great experience and we find some amazing marine creatures as well as learn beach ecology.

Fees: \$6 Adults, \$3 children

## Nature on Horseback Series

### Spring Woodland Waterfall Ride

Sat, Jun 4

9 a.m. – 4:30 p.m.

Travel with us into the Cascade Foothills on peppy, well trained saddle horses. Enjoy a refreshing, scenic day on woodland trails where wildlife roam. Ride to a beautiful waterfall and pool where we will explore the natural beauty that surrounds us. ***This 4+ hour ride is for intermediate and experienced riders who are comfortable at a trot and canter.*** Space is limited to 8 riders so sign up now.

Bring lunch and beverage.

**Pre-registration and full payment due by May 27, 2005**

**Instructor: Sherry Mathers**

**Age: Adults & Teens**

**Fees: \$75 Fees include transportation, riding instruction, horse, trail guide, storytelling, snack and nature explorations.**





# Longfellow Creek Programs

**Please register for all classes and special events: 206-684-7434**

## Longfellow Creek Watershed Specialist Contact Information

For Longfellow Creek programs, Watershed Council, tours, or presentations, please contact Sheryl at 206-233-2046 or [sheryl.shapiro@seattle.gov](mailto:sheryl.shapiro@seattle.gov)

Check out [www.longfellowcreek.org](http://www.longfellowcreek.org)

## Longfellow Creek Stewardship Committee

Interested in the natural areas in the watershed? This group works together to care for our creek and open spaces through work parties, grant writing for habitat and trail improvements, and creating outdoor events to celebrate the creek!!

Find out how you can improve habitat at a variety of locations such as Roxhill Bog, Greg Davis Park, the Legacy Trail sites (Thistle, Brandon, and others) as well as in your own yard and neighborhood!

**Meets first Mondays** **5 – 6:30 p.m.**

**Location: Camp Long**

## Longfellow Creek Watershed Council

Meeting of community members interested in the protection and improvement of Longfellow Creek and its surrounding neighborhoods. Provides input on implementation of Watershed Action Plan and discusses policy issues, needs, and concerns affecting the creek/watershed.

Meetings usually first Mondays at Camp Long:  
7 – 8:30 p.m.

## Roxhill Bog Restoration

Join the wild and wonderful transformation of Roxhill! Care for a thriving natural community and discover a diversity of plants and birds while helping their homes.

Work parties second Saturdays, 10 a.m. – 2 p.m.

Check out the southern gateway to the Longfellow Creek Legacy Trail.

Contact Scott at 206-938-2144 for more information.

## Legacy Trail Work Parties

Work parties are on-going for completion of the trail and accompanying landscape and structures. Many sections of trail require maintenance like our newly completed Sensory Garden at Thistle Street. The next segment of trail at Brandon and 26th Ave SW is currently inundated with ivy. Regular work parties occur on Saturdays, either the second or third Saturday of the month. We can also arrange for your group to work on a mutually identified date. Please contact Kate Stannard at Delridge Neighborhoods Development Association for more information on how to help. 923-0917.



# Camp Long Calendar

## April

- Sat, Apr 2 Camp Long Coffeehouse Fundraiser
- Sat, Apr 2 Spring Clean at Delridge Neighborhood Service Center
- Sat, Apr 2 April Trail Work Party
- Sat, Apr 9 Pollination Ecology
- Sat, Apr 16 What is an Old Growth Forest?
- Thu, Apr 21 Simplicity as a Way Toward a Sustainable Lifestyle
- Sat, Apr 23 Earth Day Forest Walk
- Sun, Apr 24 Overview

## May

- Sun, May 1 April Showers Bring May Flowers
- Tue, May 3 Bicycle Maintenance
- Sat, May 7 Trail Work Party
- Sat, May 14 Legacy Trail Dedication
- Sat, May 14 Life in a Pond
- Sat, May 14 Nucor Steel Recycling Tour
- Sun, May 15 Cooking in the Outdoors
- Sat, May 21 Carpentry for Critters
- Sat, May 21 Water Conservation Techniques
- Sun, May 22 Shelter and Sleep
- Sat, May 28 Low Tide Beach Walks

## June

- Sat, Jun 4 Spring Woodland Waterfall Ride
- Sun, Jun 5 Backpacks and Feet
- Sun, Jun 5 Trail Work Party
- Fri, Jun 10 RBCC Summer Family Vacation Campout
- Sun, Jun 12 Navigation, Safety and Trip Planning
- Thu, Jun 16 Green Home Building and Remodel
- Fri, Jun 17 Camping Trip



# School/Group Programs

## Program Reservations

To make reservations for group programs call Camp Long's Group Reservation number at 206-684-7479.

### Elementary Programs

Grades K–6 Program Length: 1½ hours

Times\*: 10 – 11:30 a.m. and 12:30 – 2 p.m.

Programs are adapted for each grade; each program meets EALRs for grade level.

\*negotiable

**Fee: \$65/15 students (Additional fees for Raptors, Glacier & Watershed). Some scholarship funds may be available for low-income people.**

#### **Raptors: Hunters on the Wing** year-round

How do owls fly silently? Just how good is eagle-eye vision? And how can owls hear mice under the snow? **Dissect owl pellets**; construct food chains. Hike through the forest searching for roosts and learning owl calls. **\$75**

#### **Discovering Wild Plants** year-round

Which animals find stinging nettle delicious? What tree can cure scurvy? How did local tribes use cedar? Learn secrets of plants in a program that grows on you! Program emphasis varies according to EALRs by grade and teacher request. **Plant growth, ethnobotany, trees, plant identification, edible/poisonous plants, fall leaf color.**

#### **Incredible Insects** May-Oct

Bizarre, wonderful, and incredibly fascinating insects live right outside your school-door!

Learn the weird life stories of beetles, dragonflies, bees, true bugs and all their 6-legged relatives. Students **use sweep nets, hand lenses, and field microscopes** to catch and identify insects. Bugs will be released, except for a select few that may be taken back to the classroom for further study.

#### **Forest Explorers** year-round

From slimy slugs to clever foxes, all life in the forest is interdependent. Students explore the forest, learning woodland ecology through **hands-on experiments and discovery**. Emphasis may be adapted to meet teacher's needs.

#### **Exploring a Watershed** year-round

An exciting all day field trip! Hike the woods to Longfellow Creek exploring life in the forest, pond & salmon stream.

**10:00 a.m. – 1:30 p.m. \$120/15 students**

#### **Peering into Polliwog Pond** April-Oct

Delve into the depths of aquatic entomology and discover monstrous dragonfly nymphs, fairy-like mayflies, voracious water bugs and the salamander larvae that eat them. Students will **use nets and magnifiers** to catch and identify pond life, gaining an understanding of developmental metamorphosis of animals and the importance of wetlands.

#### **Birdwatching** year-round

Learn about avian characteristics and adaptations for flight. Hike through forest and meadow looking and listening for birds and searching for their nests. Students will learn proper **use of binoculars**, study stuffed bird specimens and learn local bird songs.

#### **Beach Life** (low-tide days April – Aug)

Explore the intertidal zone at Mee Kwa Mooks beach (about 1 mile west of Camp Long). Students learn the challenges of life in the tide zone and adaptations animals use to survive. Get to know crabs, seastars, nudibranchs, and how they live.

#### **Wildlife Tracking** (Nov – March)

Who goes there? Animal footprints in the mud or snow tell a detailed story of animal lives. Learn to decipher the stories animals write with their own paws, claws, and toes by becoming a track detective. In the wonder lab, **make plater prints** and solve "what happened here?" stories, then hike out in the woods in search of real tracks and other signs of local animals.

# School/Group Programs

## Where DO They Go In Winter? Nov – Feb

Discover how plants and animals adapt to life in winter. **Study stuffed animals and other fascinating specimens in the Wonder Lab** and get the answers to all of your questions. Where do frogs, insects, and spiders go? How do birds survive the cold? Which animals hibernate and which ones migrate? Afterwards, bundle up to search for signs of winter life outside in Camp Long's woods.

## Search for Spiders Sept – Oct

Discover fascinating, beautiful spiders in the fields and meadows of Camp Long. Learn spider science, how webs are constructed; and meet some arachnid relatives. In addition to **wild native spiders**, students will get to meet our **live tarantula**.

## Pre-School Programs

1 hour programs; Fee \$45/10 children

## Animal Homes year-round

Search for nests, holes and homes in forest and field. Discover what animals live at Camp Long and maybe even find a few at home in the woods. Kids get to use giant magnifiers.

## Creep with the Crawlies May – Oct

Spy out spiders, watch butterflies, and hold beetles. Learn about the lives and habits of all kinds of "bugs" and discover they're not so creepy after all. Kids get to use nets.

## Poking in the Pond Apr – Oct

Dip for salamanders, frogs and exciting water bugs! Learn what animals just live in the pond when they are kids, and who spends their whole life underwater. Wear boots.

## Search for Spiders Sept – Oct

Discover fascinating, beautiful spiders in the fields and meadows of Camp Long. Learn how spiders differ from bugs and examine pretty webs. Then meet our **live tarantula**!

## Climbing Programs

The following climbing programs are 2 hours long and offered **Spring, Summer and Fall**.

**Fee: \$150 for 15 participants, includes two instructors and all gear. Groups must provide proof of own insurance for high-risk activities.**

## Glacier Program

This basic rappelling class is taught on Camp Long's rock slabs. Participants will develop introductory technical skills of rappelling, climbing safety, safety equipment use, and knot tying.

## Intro Rock-Climbing Program

Come join in building trust and confidence in the introductory climbing class taught on Schurman Rock. Participants will learn safe climbing techniques, safety equipment use, three-point suspension techniques, traversing ability and top-rope climbing.

## \*Basic Chimney Rock-Climbing Program

This Basic Chimney Climbing Program will be taught on Schurman Rock. Participants will refresh their memory on safe climbing techniques, safety equipment use, do a warm-up top-roping climb, then learn and apply techniques using 3 chimney routes on the rock. Also explore a more difficult face climb if you are so inspired!

## \*Basic Face Rock-Climbing Program

This Basic Face Rock-Climbing Program taught on Schurman Rock will be more challenging than the Intro Class. Participants will refresh their memories from the Intro class and learn more challenging routes applying techniques of smearing, using precise finger holds, edging and balance. Be ready for an exciting challenge to expand your ability!

*\*Program Prerequisite: Successful completion of the Intro Climbing Program*





# Seward Park Happenings

## Audubon Washington

### Coming Soon.... Seward Park Environmental and Audubon Center!

Audubon Washington is partnering with Seattle Parks and Recreation to establish a state-of-the-art environmental learning facility for southeast Seattle school children, families, and life-long learners of all ages. The Seward Park Audubon Center, Audubon Washington's flagship Audubon Center project, will be established in an existing historic landmark, the Annex, located at the entrance to the park.

Through the "Explore and Soar Capital Campaign" Audubon Washington is seeking to raise \$5 million dollars from public and private sources in two phases. The Phase I goal is \$3 million to cover the cost of design, construction, and the first 3-years of operations. After the Audubon Center is open, Phase II of the capital campaign will be launched to raise a \$2 million endowment that will ensure the long-term sustainability of the Center.

Renovation will include the updating of electrical, structural, plumbing, wiring, and security systems, adding structural support to bring the building up to the city's earthquake specifications, and altering the structure to make it completely Americans with Disabilities Act compliant. When complete in February 2007, the Audubon Center will have two large classrooms, a library, exhibits, laboratory, offices, and a welcome center.

After completing a market analysis, competitive assessment, resource analysis, and community-based strategic planning process in 2004, it has been determined that the Center will provide programs for teens and families first, as they are currently the most underserved audience, and wanting hands-on, outdoor nature and science programs. Programs will meet this need by teaching about the connections between environmental health, sustainability of local resources, and how individual choices and actions can help build healthy communities. At full capacity, the center will serve 58,000 people annually through 850 programs. The Seward

Park Audubon Center will be a permanent community resource for students of all ages to utilize the natural world as a classroom. All school programs will be developed to support the state Essential Academic Learning Requirements.

Located in southeast Seattle, and only five miles from downtown, Seward Park occupies a 277-acre peninsula formed by glaciers and features a remarkable stand of old-growth forest, two active Bald Eagle nests, and a wide array of flora and fauna. Surrounded on three sides by Lake Washington, it is a true urban oasis.

Increasingly, cityscapes make up the only environment that most children will ever know. Long past is the time when every child could explore nature by simply going out the door. The Audubon Center at Seward Park, like Audubon Centers around the country, will use nature itself to inspire us to become stewards of the landscapes where we live, work, and play through hands-on exploration of nature.

The goal is nothing short of changing lives.

Contact Candy Castellanos for more information: (206) 652-2444 x.101 or e-mail [ccastellanos@audubon.org](mailto:ccastellanos@audubon.org)

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## About Seward Park

Seward Park offers an abundance of recreational options. Located in southeast Seattle, this 277-acre old-growth-forest peninsula is a great place to explore, learn, play and tour. With three miles of shoreline, grassy meadows, children's playgrounds, beach swimming, and picnic shelters, it's a great place to take your family for a day's outing. Come enjoy a park originally designed by the Olmstead Brothers that offers a real respite from the rat race! You can check out our interpretive programs or find events in the park at the Friend's website: [sewardpark.net](http://sewardpark.net). From storytelling to drawing to living green, there's something for everyone.

# Seward Park Special Events

Please register for all classes and special events: 206-684-7434

## Building Design Review

Thu, May 12

Join Mithun Architects, Audubon Washington, and Seattle Parks staff for an interactive project update. You will have the opportunity to comment on the draft renovation design for the Seward Park Environmental and Audubon Center

**Instructor:** Mithun Architects, Audubon Washington, and Seattle Parks and Recreation Staff

**Age:** All ages

**Location:** Seward Park Environmental Learning Center

## Friends of Seward Park

Fourth Thursday each month 7 – 8:30 p.m.

The Friends of Seward Park strives to build community through stewardship, recreation, and environmental education. We are committed to preserving the unique natural habitats and cultural legacy of this historic Olmsted park. We welcome new members who would like to help us protect and advocate for the park.

Check out the new Mile Markers. Donated by the Friends! Thank you for your generous donations.

**Location:** Lakewood/Seward Park Community Clubhouse, 4916 S Angeline

## Seward Park History Walks

Apr 2 – Jun 4 10 a.m. – Noon

Join the Friends of Seward Park and Audubon Washington as we explore the old growth forest and share interesting historical and seasonal facts; the incredible Seward Park habitat; and plans for the future Audubon Center. Meet at the Environmental Learning Center the first Saturday of every month. Topics: March -Wetlands, April - Cherry Trees and the Japanese Community Connection, May- Native Trees, June - Geology of the Park.

**Instructor:** Friends & Audubon

**Location:** In front of Kiosk

## National Youth Service Day

Sat, Apr 16 10 a.m. – 2 p.m.

Sat, May 14 10 a.m. – 2 p.m.

Sat, Jun 18 10 a.m. – 2 p.m.

Celebrate Earth Day with United Way of King County.

**Instructor:** Earthcorps

**Fees:** Free

## Pritchard Beach Chorus Frog Concert

Sat, Apr 23 7:30 – 9 p.m.

Come and explore this new wetland habitat to hear "A Little Night Music" sung by Pacific chorus frogs in the wetland amphitheatre. Find out how this restoration project is developing and how you can participate in restoration, monitoring, or bullfrog elimination (eats native frogs). Meet at 8400 55th Ave. S. (two blocks north of Rainier Beach High School).

**Age:** all ages

**Fees:** \$4 for all ages

**Location:**

Pritchard Wetlands,  
5500 S. Grattan



## Birding @ Pritchard Beach Wetlands

Sat, May 21 8 – 10 a.m.

The wetlands is alive with spring: flower buds are bursting, birds are singing their mating songs. Since its restoration Pritchard Beach has become home to many new families. We will explore the shoreline and the wetlands for Redwing Blackbirds, Killdeer and other spring nestiner. Bring your binoculars

## Registration Information

To register for classes and special events, please call 206-684-7434.

# Seward Park Programs

Please register for all classes and special events: 206-684-7434

## Living Green

### Urban Cycling Techniques: Intro

Tue, Jun 7 6 – 9 p.m.

Learn to interact positively and confidently with urban traffic and get tips for riding through intersections and negotiating with cars--designed for recreational cyclists or commuters. Workshop covers bicycle traffic laws, lane positioning, riding strategies, basic equipment and maintenance, emergency maneuvers, and safety. Classroom-only session includes demonstrations of emergency maneuvers and basic maintenance. Take this one now to gain the experience and take the other on-bike sessions later when you have time for them! Bring helmet. Includes hand-outs.

**Fees: \$20**

### Green Home Remodel

Sat, Jun 4 10 a.m. – Noon

Thinking of remodeling? Help is here! Learn the basics of remodeling in a way that protects health, conserves resources, and saves money. This overview class will introduce the concepts of green remodeling and present real-life Seattle examples, with plenty of time for questions.

You'll learn: how to identify and incorporate your personal priorities into your project; the fundamentals of what makes a product or design "green"; tips on working with architects, designers, and contractors; and where to access resources for more detailed information.

Space is limited! RSVP to [thor.peterson@seattle.gov](mailto:thor.peterson@seattle.gov) or call (206) 615-0731. Classes are sponsored by the Northwest EcoBuilding Guild and Seattle Public Utilities.

**Fees: Free**

## Living Green at Bradner Gardens

### Bradner Gardens

A park where community grows — a place where people of all ages, cultures and abilities can recreate and learn about urban gardening and the environment in a park that is salmon-friendly and encourages water and resource conservation. **Learn Living Green skills HERE!**

### Gardening Answers/ Stump the Master Gardeners

Sat, Apr 9 10 a.m. – Noon

Sat, May 14 10 a.m. – Noon

Sat, May 21 10 a.m. – Noon

Master Gardeners are available to answer your gardening questions. MG's can tell you how to grow healthy plants with organic controls, diagnose plant pests and diseases, and do plant identification. Bring samples if necessary.

**Instructor: King County Master Gardeners**

**Age: all ages**

**Location: Bradner Gardens Park: 29th Ave. S. and S. Grand St.**

### Drip Irrigation Workshops

Sat, May 7 9 a.m. – Noon

Sat, Jun 4 9 a.m. – Noon

Drought conditions are predicted for this summer. Save water and your plants. Learn how to install a variety of simple drip irrigation systems in your yard. Sponsored by Seattle Public Utilities. Fee & preregistration required. For information call Cheryl (206) 725-5016.

### Bradner Spring Plant Sale

Sat, May 21 10 a.m. – Noon

Great buys on ornamentals, perennials and tomatoes.

206-684-7434



[sewardnc@seattle.gov](mailto:sewardnc@seattle.gov)



[www.sewardpark.net](http://www.sewardpark.net)

# Seward Park Programs

Please register for all classes and special events: 206-684-7434

## Arts & Crafts

### You Can Draw...in Seward Park

Apr 2 – Jun 25

For young beginners or the highly skilled. Learn the principles of drawing: outline, form, proportion, shadows, light & shading, perspective, texture & more. Learn to “see” as an artist, taking advantage of many landscapes and still life studies in the park. You will work only with drawing pencils and colored pencils which are provided. Class is small to maximize 1 on 1 instruction. Scholarships available.

**Ages: 7 to 11 years. Please let us know if you are a returning student.**

**Instructor: Mawg Ellithorpe**

**Age: 7 to 11 years old**

**Location: Seward Park Environmental Learning Center**

## Nature Classes

### Ethnobotany at Seward Park

Sat, May 7 9 – 11 a.m.

Sat, May 7 1 – 3 p.m.

Celebrate Native Plant Appreciation Week (May 1 - 7). A Naturalist will share the rich treasures of the Native Peoples of the Rainier Valley as we hike through the ancient forest of Seward Park. A recent collection of fishing tools, foods, and necessities for daily life, donated to the Environmental Learning Center will be used. Take a step back in time to understand the use and preparation of native plants.

**Age: All ages**

**Fees: \$5 Children under 10 free.**

### Foraging at Pritchard Beach

Sat, Jun 11 9 a.m. – 11 a.m.

Our warm spring has prompted all our berries out early. We'll explore the native plants of Pritchard Beach and fill our tummies with sweet, juicy thimbleberries.

**Age: all ages**

**Fees: \$3 Children under 5 free**

### Seward Park Eagles

Sat, Apr 9 9 – 11 a.m.

Sat, Apr 9 11 a.m. – 1 p.m.

Sat, Apr 30 10 a.m. – Noon

Our eagles have been busy preparing their nests. Discover the mysteries of Seward Park's Eagles and other raptors. We will view both nests and learn about the mating rituals of Bald Eagles. Meet at the Environmental Learning Center.

**Instructor: Christina Gallegos**

**Age: All ages**

**Fees: \$3 Children under 5 free!**



### Storytelling @ Pritchard Beach

Tue, Jun 21 7 – 8 p.m.

We'll enjoy the last day of spring listening to stories and celebrating the coming of **summer** and the last day of **SCHOOL!** Yipee!

**Instructor: TBD**

**Age: all ages**

**Fees: \$3 children under 5 free**

**Location: Pritchard amphitheatre**



# Seward Park Calendar

## April

Sat, Apr 2	Seward Park History Walks
Sat, Apr 2	Neighborhood Bird Count Project
Sat, Apr 2	You Can Draw...in Seward Park
Sat, Apr 9	Gardening Answers / Stump the Master Gardeners
Sat, Apr 9	Seward Park Eagles
Sat, Apr 9	Seward Park Eagles
Sat, Apr 9	Seward Park Eagles
Sat, Apr 16	National Youth Service Day
Sat, Apr 23	Pritchard Beach Chorus Frog Concert
Sat, Apr 30	Seward Park Eagles

## May

Sat, May 7	Drip Irrigation Workshops
Sat, May 7	Ethnobotany at Seward Park
Sat, May 7	Neighborhood Bird Count Project
Thu, May 12	Building Design Review
Sat, May 14	Gardening Answers / Stump the Master Gardeners
Sat, May 14	Stewardship
Sat, May 21	Birding @ Pritchard Beach Wetlands
Sat, May 21	Gardening Answers / Stump the Master Gardeners
Sat, May 21	Bradner Spring Plant Sale

## Stewardship

Monthly Ivy OUT work projects, third Saturday of EVERY month. Gather your friends and family and come out and do some good for the park and the old growth habitat. No experience necessary! Service Learning credit provided for High School students. We will celebrate Earth day TWICE at Seward Park: 4/16 - National Youth Service Day and 4/22 - Earthcorps' Annual Earth Day @ Seward Park. Please join us!

## Neighborhood Bird Count Project — First Saturdays

<b>Sat, Apr 2</b>	<b>8 – 10 a.m.</b>
<b>Sat, May 7</b>	<b>8 – 10 a.m.</b>
<b>Sat, Jun 4</b>	<b>8 – 10 a.m.</b>

Seattle Audubon's Neighborhood Bird Project needs volunteers to assist with monthly surveys of birds in Seward Park. The survey will join existing projects in Forest Park, Magnuson, Carkeek, Discovery, and Genesee Parks. We already have five years of data for several of the parks and are beginning to see trends for the more common birds.

Our goal is to document the seasonally changing abundance of resident and migrating birds throughout the city while getting you to know your neighborhood park. Birders meet once a month on a Saturday and cover several "loops" to count the birds they see and hear.

We need birders with good to expert skills who can commit one day a month. We especially need loop leaders who can help with identification and keep records.

This is an opportunity to help conserve urban habitat, be a citizen scientist, and have fun birding with other folks.



For more information contact the Environmental Learning Center at 206-684-4396

**Fees: Free**

**Location: Picnic Shelter #3**

## June

Sat, Jun 4	Drip Irrigation Workshops
Sat, Jun 4	Green Home Remodel
Sat, Jun 4	Neighborhood Bird Count Project
Tue, Jun 7	Urban Cycling Techniques Intro
Sat, Jun 11	Foraging at Pritchard Beach
Sat, Jun 18	Stewardship
Tue, Jun 21	Storytelling @ Pritchard Beach

# Policies and Procedures

## **You can make a difference!**

Camp Long's Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Wednesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

## **Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

## **Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

## **Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

## **Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign

language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## **Rentals**

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>)

## **More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

## **Payment**

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## **Fees and charges**

Camp Long's Advisory Council and Seward Park's Advisory Council provide the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Councils are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

# Policies and Procedures

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

## Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## How to Find Us

### Directions to Camp Long

Camp Long is located at 5200 35th Ave. SW in West Seattle. Take bus route #21.

By car **from I-5** take exit 163 - Spokane St./West Seattle Bridge Exit. **From Hwy 99 S.** take West Seattle Bridge exit.

Follow the W. Seattle Bridge to the end (Fauntleroy exit) and turn left (South) onto 35th SW. Continue south about 2/3 of a mile up hill and turn left (east) on Dawson St. (Watch for a brown Camp Long sign on the west side of 35th Ave. SW). Look for the Parks Department "rainbow" Camp Long sign on Dawson & 35th.

### Visit Seward Park

by bus. . . Bus #39 Exit at Orcas Street.

or by Car. . . Seward Park is located on Lake Washington Blvd and Orcas Street in Southeast Seattle. From **I-5 Southbound**, take the W Seattle Bridge/Columbian Wy exit (#163A). Keep left at the fork in the ramp and merge onto Columbian Way S. Turn right onto 15th Ave S. Turn left onto S. Columbian Way. Turn right onto S. Alaska St. Turn right onto Rainier Ave S (WA-167). Turn Left onto S. Orcas St; S Orcas St. becomes Lake Washington Blvd S. From **I-5 Northbound** take the Swift Ave exit (#161) towards Albro Place. Turn Right onto Swift Ave. S. Turn left onto S Eddy St. Turn left onto Beacon Ave S. Turn right onto S. Orcas St; S Orcas St. becomes Lake Washington Blvd S.





## Camp Long Coffeehouse Fundraiser

Sat, Apr 2

7 – 9 p.m.

Mark your calendars for a Special Evening Event — Camp Long's first-ever Coffeehouse on **Saturday, April 2, 2005!** Our fundraiser will be an evening full of delights to taste and to hear, combining a Dessert Auction and Lodge Concert.

Bring your music lovin', sweet-toothed friends and bid on scrumptious desserts. Enjoy tasty guitar licks and wonderful voices of

some of our favorite local musicians, including **Blues Master Brian Butler**. Take pleasure in an eclectic musical evening of original songs and standard folk, swing, and blues tunes.

Go home with a tummy full of sweets and a happy heart, knowing you've helped raise money for the Camp Long Environmental Education programs scholarship fund for low-income families.

**\$10 event entrance fee, \$13 entrance fee after Saturday, March 26, 2005. Cost of desserts not included. Registration and payment due by Saturday, March 26, 2005.**



Camp Long  
Environmental Learning Center  
5200 35th Ave. SW  
Seattle WA 98126

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